



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
1060 GAFFNEY ROAD #6000
FORT WAINWRIGHT, ALASKA 99703-6000

IMPA-FWA-ZA

22 AUGUST 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: FWA Garrison Policy #15 - Trampolines

1. The purpose of this policy is to define safe setup of trampolines on Fort Wainwright. Due to frequent injuries to the head, neck, back, arms and legs, as a safety policy anyone having a trampoline within FWA Garrison Housing must have the proper trampoline safety devices installed.
2. Trampolines should be setup and maintained in accordance with the manufacturer's instructions. A trampoline safety net and spring pads are required around the actual trampoline. The safety net and pads are for your child's safety. The area above the trampoline should be free of obstructions for at least 20 feet and the area surrounding the trampoline should be clear of obstructions for at least 10 feet. Failure to follow these safety requirements will result in your being required to take down the trampoline. Additional safety recommendations are included in Enclosure 1.
3. There are no restrictions of trampolines with the proper safety equipment on the installation except for those occupants in housing who are Family Child Care (FCC) providers. AR 608-10 prohibits the use of trampolines in FCC homes.
4. This memorandum supersedes FWA Garrison Policy Letter #35, SAB, dated 7 May 2004.
5. POC for this memorandum is Mr. Jerry Russell, FWA Garrison Safety Officer, 353-7078.

Encl
as

//original signed//
RONALD M. JOHNSON
LTC, SF
FWA Garrison Commander

DISTRIBUTION:
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ENCLOSURE TO
FWA GARRISON POLICY #15 –
TRAMPOLINES

The U. S. Consumer Product Safety Commission (CPSC) wants you and your family to be safe when using trampolines. The CPSC estimates that in 2001 there were 91,870 hospital emergency room-treated injuries associated with trampolines. About 93 percent of the victims were under 15 years of age, and 11 percent were under 5 years of age. Since 1990, CPSC has received reports of 6 deaths of children under age 15 involving trampolines. Injuries and deaths were caused by:

- Colliding with another person on the trampoline.
- Landing improperly while jumping or doing stunts on the trampoline.
- Falling or jumping off the trampoline.
- Falling on the trampoline springs or frame.

Most of the trampolines associated with injuries were at private homes.

Here are the steps you can take to help prevent serious trampoline injuries, especially paralysis, fractures, sprains, and bruises:

- Allow only one person on the trampoline at a time.
- Do not attempt or allow somersaults because landing on the head or neck can cause paralysis.
- Do not use the trampoline without shock absorbing pads that completely cover its springs, hooks, and frame.
- Place the trampoline away from structures, trees, and other play areas.
- No child under 6 years of age should use a full-size trampoline.

Do not use a ladder with the trampoline because it provides unsupervised access by small children.

- Always supervise children who use a trampoline.